

Color your way to health



Including a colorful variety of fruits & vegetables in your daily diet can help maintain...

BLUE / PURPLE

Memory function
Healthy aging
Urinary tract health
It can also lower the
risk of some cancers

GREEN

Vision health
Strong bones and
teeth
It can also lower the
risk of some cancers

WHITE

A healthy heart
Healthy cholesterol
levels
It can also lower the
risk of some cancers

YELLOW / ORANGE

A healthy heart
Vision health
A healthy immune
system
It can also lower the
risk of some cancers

RED

A healthy heart
Memory function
Urinary tract health
It can also lower the
risk of some cancers